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Tide Pods you actually CAN eat. 16

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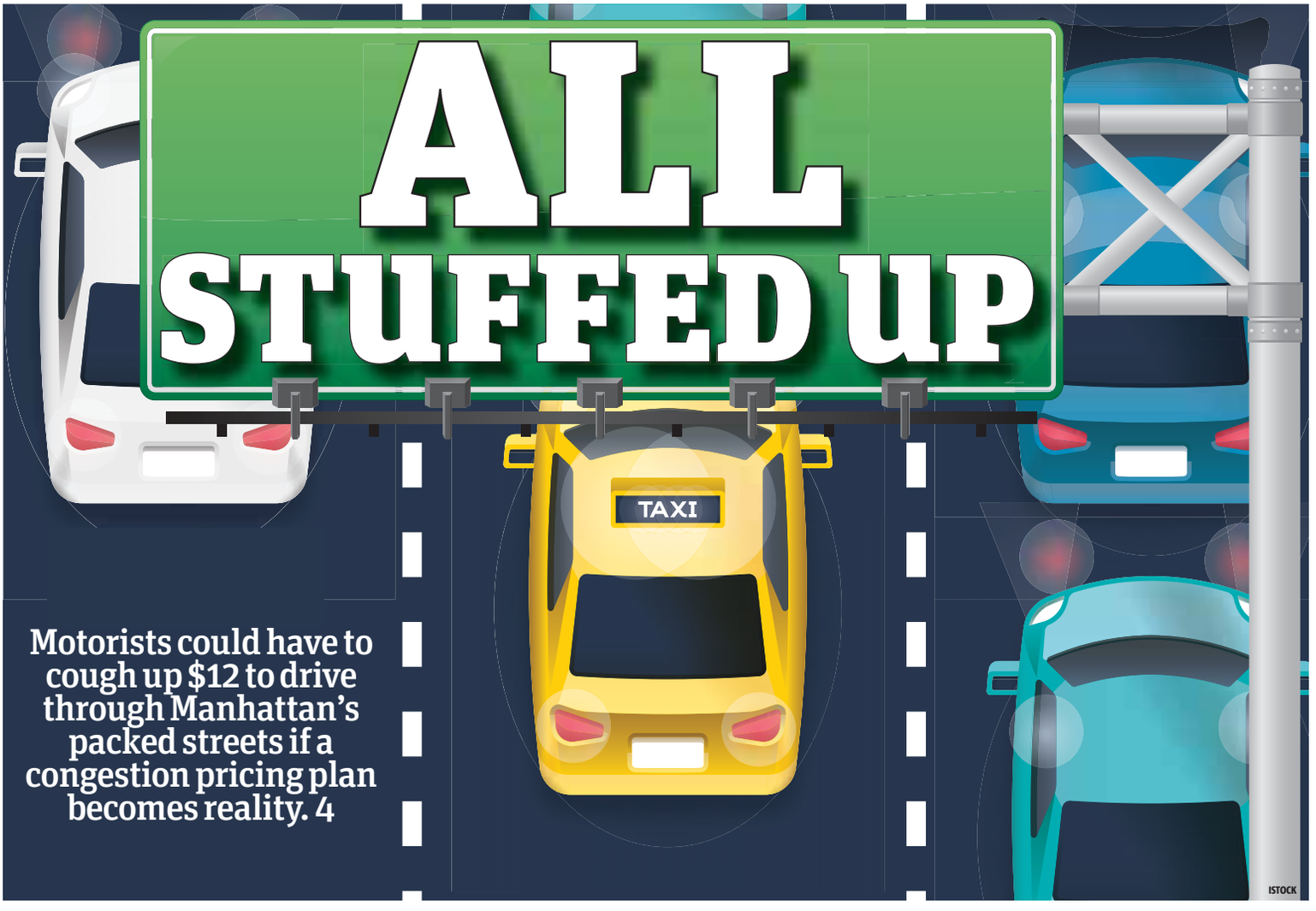

Motorists could have to cough up $12 to drive through Manhattan's packed streets if a congestion pricing plan becomes reality. 4

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NIKKI M. MASCALI, REPORTER

Every New Yorker knows that it's going to take a lot of money to fix our aged and in-crisis subway system. While the mayor has proposed a millionaire's tax, a task force created by Gov. Cuomo called Fix NYC recently unveiled a congestion pricing plan to fund the much-needed work by charging Manhattan motorists. Find out what this means for you on page 4 or at **metro.us.**

SENATE SETS NOON MONDAY VOTE AFTER IT IS UNABLE TO REACH DEAL TO OPEN GOVERNMENT

The Senate scheduled a vote for Monday at noon on a stopgap spending measure, ensuring that the federal government will remain closed when the work week begins. "It would be my intention to proceed to legislation that would address DACA, border security and related issues. It is also my intention to take up legislation on increased defense spending, disaster relief and other important matters," Republican Senate Majority Leader Mitch McConnell said on the Senate floor. Republican and Democratic senators raced on Sunday night to try to break an impasse and hammer out a deal that would end a two-day-old government shutdown before the start of the work week. In a flurry of negotiations, the two parties' leaders in the Senate huddled behind closed doors following discussions by a bipartisan group of moderate lawmakers who said they made progress toward a compromise. While there were no signs of an immediate breakthrough, an emerging agreement appeared to involve ending the deadlock in return for a promise by majority Republicans to deal with Democrats' immigration concerns in coming weeks. The decision on whether to move forward was in the hands of Republican Senate Majority Leader Mitch McConnell and his Democratic counterpart, Sen. Chuck Schumer, although uncertainty remained over how President Donald Trump would respond to any deal, as the two parties continued to exchange blame for the shutdown. Funding for federal agencies ran out at midnight on Friday, and was not renewed amid a dispute between Trump and Democrats over the politically acrimonious issue of immigration. ***Read more on page 9.***

5 THINGS YOU NEED TO KNOW

GETTY IMAGES

NYC WOMEN'S MARCH 2018

2 Tens of thousands of marchers participated in New York City's second annual Women's March to protest against President Donald Trump on Saturday in midtown. ***See more on the Women's March on page 6.***

CONTROVERSY GREETS VP MIKE PENCE IN ISRAEL

3 Vice President Mike Pence began a visit to Israel on Sunday after being praised as a "great friend" by Prime Minister Benjamin Netanyahu and shunned by the Palestinians over U.S. recognition of Jerusalem as Israel's capital.It is the highest-level U.S. visit to the region since President Donald Trump made his declaration on Dec. 6 and promised to begin the process of moving the American embassy to the city, whose status is at the heart of the Israeli-Palestinian conflict. With the Palestinians boycotting Pence, the visit provides little obvious opportunity to build bridges toward peace. But it gave Pence, a conservative Christian, and Netanyahu, a right-winger who has hailed U.S. evangelicals for their support of Israel, an opportunity to shine a spotlight on the visit and their own warm relationship.

SENATOR SAYS FBI LOST CRUCIAL CLINTON TEXTS

4 The Federal Bureau of investigation has lost about five months worth of text messages between two staffers who worked on probes into former Secretary of State Hillary Clinton's emails and possible collusion between Russia and President Donald Trump's 2016 presidential campaign, according to a Republican lawmaker. Wisconsin Senator Ron Johnson, who chairs the Senate Homeland Security Committee, revealed in a Jan. 20 letter that the FBI's technical system failed to preserve texts that were exchanged between Lisa Page, a lawyer, and Peter Strzok, an agent, between mid-December 2016 through mid-May of 2017. Congressional Republicans have been focusing on Strzok and Page in recent weeks after learning the two had exchanged anti-Trump text messages on their work-issued cellphones.

AMAZON'S AUTOMATED GROCERY STORE TO OPEN

5 Amazon.com Inc. will open its checkout-free grocery store to the public on Monday after more than a year of testing, the company said, moving forward on an experiment that could dramatically alter brick-and-mortar retail.The Seattle store, known as Amazon Go, relies on cameras and sensors to track what shoppers remove from the shelves, and what they put back. Cash registers and checkout lines become superfluous — customers are billed after leaving the store using credit cards on file. For grocers, the store's opening heralds another potential disruption at the hands of the world's largest online retailer, which bought high-end supermarket chain Whole Foods Market last year for $13.7 billion. Long lines can deter shoppers, so a company that figures out how to eradicate wait times will have an advantage.

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Is congestion pricing really coming to Manhattan now?

Tolls collected to drive in the borough would fund repairs on the city's crumbling subway system, according to Fix NYC's plan.

NIKKI M. MASCALI
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The Gov. Cuomo-appointed Fix NYC task force released a congestion pricing plan for Manhattan that would fund repairs to the city's aged subway system. PIXABAY

Before long, motorists could pay nearly $12 to travel on Manhattan's busy streets if a congestion pricing plan unveiled Friday goes into effect, The New York Times reported.

The proposal is by Fix NYC, a taskforce created by Gov. Andrew Cuomo after he declared a state of emergency for the MTA's aged subway system in June.

If the congestion pricing plan is approved, cars traveling below 60th Street in Manhattan would face an $11.52 toll, while trucks would be charged $25.34. Taxis and other for-hire vehicles (FHV) would see a fee between $2 and $5, the Times reported.

The congestion pricing money would fund the much-needed fixes for the city's transit system, which Cuomo oversees.

The surcharges for taxis and FHVs could go into effect within a year, while those for cars and trucks would begin in 2020.

"Before asking commuters to abandon their cars, we must first improve mass transit capacity and reliability," the Times reported, citing a proposal draft.

The plan needs state legislature approval, and Cuomo said in a statement Friday he will discuss it with lawmakers "over the next several months."

"There is no doubt that we must finally address the undeniable, growing problem of traffic congestion in Manhattan's central business district and present a real, feasible plan that will pass the legislature to raise money for MTA improvements, without raising rider fares," he continued.

Though he said on WNYC-AM Friday he'd like a guarantee the congestion pricing plan would fund MTA fixes, Mayor Bill de Blasio added that it "shows improvement over previous plans we have seen over the years."

However, he still feels his proposed "millionaire's tax" is the "most reliable, most verifiable way to get that permanent funding for the MTA," he said.

Bronx Borough President Ruben Diaz Jr. also wants to ensure the funds go directly to transit.

"If a congestion pricing proposal is implemented in Manhattan, the funds raised must be earmarked to repair our city's subway system by establishing a dedicated fund for New York City Transit," he said in a statement.

Nick Sifuentes, executive director of the Tri-State Transportation Campaign, feels Gov. Cuomo has taken the first steps toward finally fixing the beleaguered subway.

"Congestion pricing is a fair, equitable way to raise funding for mass transit: Almost everyone who travels to Midtown Manhattan pays to do so, whether it's via subway, bus, Citi Bike or ferry," he said. "The only folks who don't pay at all are drivers — and those cars are clogging our streets, polluting our air and harming the economy."

Riders Alliance Executive Director John Raskin is urging Cuomo to now make Fix NYC's suggestions a reality.

"As the most powerful political leader in New York, when the governor decides to make something a policy priority, he usually prevails," he said.

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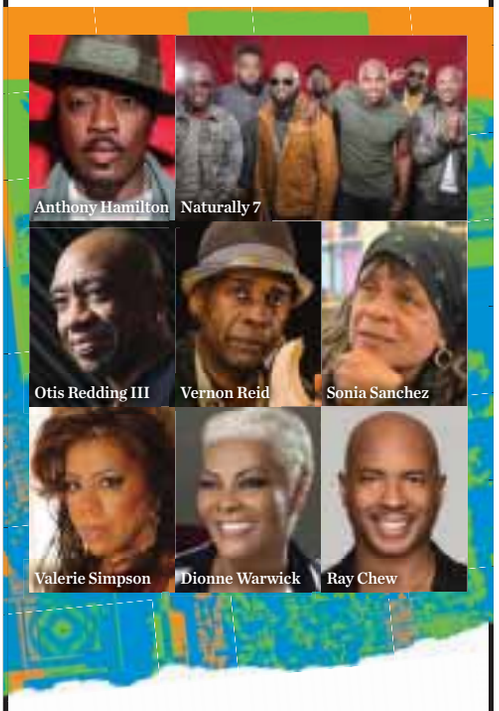

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The Women's March in New York City took place a year to the day since Donald Trump became president. ALL PHOTOS BESS ADLER

The NYC Women's March

The 2018 Women's March saw a huge turnout in NYC on Saturday.

NIKKI M. MASCALI
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The day after Donald Trump became the 45th president of the United States of America last January, the Women's March on Washington — and its hundreds of sister marches — became the largest organized protest in the nation's history.

On Saturday, a year to the day since Trump's inauguration, tens of thousands of protesters united once again on our streets to carry the torch as part of the Women's March on New York City.

"Post the 2017 Women's March on NYC, countless women were inspired to change their lives," the Women's March Alliance, the nonprofit organizer of the protest, wrote on its website. "We've heard stories of women successfully demanding equal pay, becoming entrepreneurs, running for office, standing up against sexual harassment and even beginning to believe in themselves for the first time. We hope the 2018 Women's March on NYC will have the same impact."

Tens of thousands of protesters united in the city for the Women's March.

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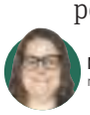
After marching, learn to run — for office

After Saturday's Women's March on NYC, VoteRunLead held an event to teach women how to get involved in politics.



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On Saturday, tens of thousands of protesters converged in New York City for the 2018 Women's March on NYC, a follow-up to last year's Women's March on Washington, which along with its hundreds of sister marches, was the largest coordinated protest in U.S. history.

But what came after marching to demand and defend equality for all humans? Running — as in for office, thanks to a post-Women's March event held by VoteRunLead.

VoteRunLead is a national organization that teaches women how to run for office, from showing them how to build upon skills they already have and communications training to demystifying the amount of money needed to successfully campaign. To date, the organization has trained more than 26,000 women across the country and aims to hit 30,000 by 2020.

After the 2016 election, VoteRunLead saw a shift from participants having a five-year political plan to "about 60 percent" looking to run by 2020.

"The urgency to run is to run right now," Erin Vilardi, founder and executive director, told Metro. "Right now, we're seeing a surge in city council and state-run legislature. State legislature is really hot on everyone's mind this year,"

That's not surprising, considering the 2018 midterm elections will impact both President Donald Trump's administration and the country's political climate as the House of Representatives, a third of the Senate and 36 governorships will be among those offices at stake.

VoteRunLead's postmarch "Women Run 2018" event ran from 4 to 8 p.m. at the Helen Mills Event Space at 137 W. 26th St. It included networking, a panel on ending sexual harassment, speakers and more than 30 coaches to "initiate conversations on running for office, helping women run for office or doing other advocacy," Vilardi said.

Vilardi has been interested in politics since she subscribed to Ms. magazine in seventh grade, which inspired her to run for class president that same year. It was a title she would hold through senior year. Though she loves her work with VoteRunLead, she doesn't discount running for political office one day.

"I've long believed the world would be a better place if more women were involved and really feel like government is the vehicle in making that happen," she said.

Erin Vilardi, founder/executive director of VoteRunLead, became interested in politics after a subscription to Ms. inspired her to run for seventh-grade class president, a title she kept through senior year. PROVIDED

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THE WORLD'S GREATEST DEALMAKER IS OTHERWISE OCCUPIED

The World's Greatest Dealmaker Ever is whining on the sidelines, literally playing by himself. GETTY IMAGES

ELLIS HENICAN

Analysis

Schumer insults McConnell. McConnell insults Schumer. Moderate senators from both parties try to hash out a compromise that might reopen the government, while hundreds of thousands of federal workers wait to find out when they're going back to work.

And Donald Trump, the World's Greatest Dealmaker Ever? Where is he? He is locked in the residence at the White House, steaming over missing his anniversary bash at Mar-a-Lago.

Fuming at all the blame that's flying in his direction.

Watching old TV clips of him berating Barack Obama for a lack of leadership during the 2013 government shutdown.

Of course, he and senior enabler Stephen Miller don't see the irony in that.

From all the West Wing leaks, it sounds as if Trump's blood pressure has taken off like one of Rocket Man's ICBMs. And all the American president can manage is the occasional, seething tweet, stirring up his own amen-chorus and demanding the U.S. Senate change its rules.

Call it "The Art of the Squeal" — the government is on forced furlough. And the World's Greatest Dealmaker Ever is whining on the sidelines, literally playing by himself.

His only substantive contribution so far, beyond refusing to articulate his own clear position: A call for senators to employ the so-called nuclear option, abandoning the one procedural step that tends to motivate compromise, the chamber's longstanding 60-vote rule.

Ah, Mr. President. Can you get back to us when you have something constructive to add? I'm almost feeling sorry for Mitch McConnell. Almost.

As the hours careen on, others keep working. The vague outlines of a compromise are coming into view. Reopen the government through Feb. 8. Commit on the Senate floor to an immigration vote before then.

As many as 20 moderate senators are said to be weighing in (Alexander, Coons, Manchin, Collins, Flake, Graham, Warner, Murkowski, Kaine — more than you'd think). One sticking point: Speaker Paul Ryan. Will he promise similar action in the House? Dems don't want to repeat the futile exercise of 2013, when the Senate passed an immigration bill and the House wouldn't even consider it.

With so much distrust in Washington and the World's Greatest Dealmaker Ever oddly AWOL, everything needs tobe in writing, ideally in blood.

Metro columnist Ellis Henican is the best-selling author of a dozen books, including "TRUMPITUDE: The Secret Confessions of Donald's Brain." Join him on Twitter @henican.

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Solve The Riddle Of Arthritis Pain?

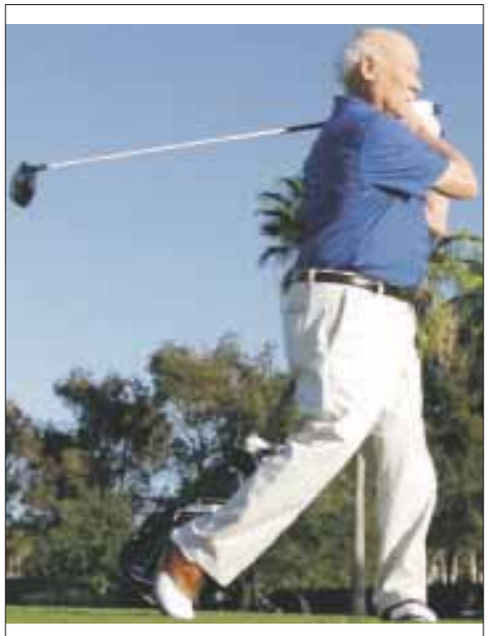
For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The ***NYC Pain MD*** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patents ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait.* This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important. to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at ***NYC Pain MD*** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just – now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't' take any pills, I take not over the counter medication.."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend It to everybody." *William La Spina* . Golf Enthusiast

(While we cannot guarantee that all knee arthritis pain sufferers will respond like the patient noted above, we can say these results are possible.)

Why Treatment Can Fail

This is why viscosupplmentation can fail for some people. It is also why many knee arthritis sufferers come to ***NYC Pain MD*** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for these advanced and precise treatment methods.

Patients Should Be Assured About Prescsion Treatments

If you have already had this procedure without this advanced imaging... Or if it was not used throughout the procedure, there is a good chance you did not get the maximum results you could have and should have.

What The Research Says About Results: Can We Slow Down Arthritis? A retrospective study of nearly 1000 cases of knee arthritis between 49 and 79 years old was done by an orthopedic surgeon in Lousiana. Patients with Grade 4 or "bone to bone" who presented for consideration of knee replacement were instead put on a program of image-guided gel injection procedures. Follow up almost 4 years later revealed that about 3 of 4 had done well and had not need surgery...regardless of age or even if overweight.

Another study was done by Pearl Diver research group who reviewed 198,000 files of those who underewent this type of treatment. Follow up 2 years later revealed 82% had not required surgery.

Massive Cost Saving For Patients, Insurance Companies & Medicare?

While surgery may be the best option for some...for others, due to fear of surgical risk, medical ailments that may prohibit surgery or for those that are just seeking less invasive alternatives, the costs savings can be staggering. In a study published in the American Journal of Managed Care, a potential savings of $4706.00 per patient if treated with viscosupplementation was estimated . In a theoretical population of 100,000 (NYC is over 10 million) over a 3 yr. period, 808 knee replacements were projected to be avoided and up to $9,131,819 could potentially be saved by patients, medicare and insurance carriers. *This should be welcome news for rising health care costs.*

Who Can Benefit From This Treatment?

This treatment is not for everyone. But it may be for you if you have sensations of grinding or rubbing, pain on simple weight bearing, getting up from sitting or even simply

reatments Their Parents Could Only Dream About

Patients Go Home With Just A Band-Aid On The Knee... No Surgery - No Hospital

when bending your knees, struggling up and down stairs (like subways), have pain on walking, feel tight and stiff after activities or in the morning or just cannot move like you used to. If this sounds like you, then seeing one of the specially trained doctors at ***NYC Pain MD*** could be the best thing you could do for yourself . But it is suggested you do not wait as arthritis can easily worsen with more time.

And this is very important - especially for those who have had viscosupplmentation in the past without good results. Many patients who did not have good results elsewhere are often able to get a favorable results because of the advanced imaging technology and procedure experience at ***NYC Pain MD.***

Even doctors themselves are often patients at NYC Pain MD.

How to Find Out If The Experts At *NYC Pain MD* Can Help You

If you have knee arthritis pain and would like to see if this treatment might help you - the experts at ***NYC Pain MD*** offer a complimentary screening appointment.

This screening will help determine if you are a candidate for treatment and also gives you a chance to get all your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more for many patients.

There is no obligation and if you are not a candidate - the doctor will help you find the best approach for your particular case and refer you to the proper sources. To set up a screening at no cost, simply call **800-741-5340**

The *NYC Pain MD* 'X" Factor ?

NYC Pain MD is a high-tech medical facility equipped with all the necessary equipment to treat appropriate candidates right in their own in-office procedure suites. What does this mean for you? It means no stressful hospital, no intimidating surgical center or out patient facility visits.

This also means you don't have to be “Rich and Famous” because by avoiding all those "fancy" facilities you don't have to bear their severe costs which can often be several times the cost of the treatments themselves. Your experience is far more relaxing with personalized attention. The treatment is gentle. You will go home with nothing but a one inch band-aid on your knee. Many go home or right to work after these virtually painless treatments. There is little to no downtime .

The Secret To Knee Pain Relief? With precision advances in medical science and technology the caring doctors at ***NYC Pain MD*** have been able to help so many relieve their pain and get their active lifestyle back.

How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. New Yorkers are lining up weekly to find out if the are candidates… patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That’s why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination and possible treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is for you .Zero risk or obligation. Just call 800-741-5340 Tell them, “I would like the knee screening.” They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-741-5340

More Good News About Insurance: *Many insurances including Traditional Medicare (part B) help cover modest to significant portions of these care programs*

To set up a complimentary screening, just call **800-741-5340**. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in giving every patient the individual time and attention they deserve.

Midtown:	**Downtown:**
57 West 57th Street	65 Broadway
New York NY	New York NY

NYC PAIN MD

800-741-5340

www.PAINMDNY.com

TV crew arrested for fake bomb at Newark Airport

Authorities thwarted a TV film crew aiming to get a fake bomb through security at Newark Liberty International Airport Thursday.

Nine men were arrested by Port Authority police around 3 p.m., when the fake bomb was discovered in their carry-on luggage, the New York Daily News reported.

Sources told the paper the crew, who are part of the reality TV show, "Staten Island Hustle," said they wanted to film the reactions of TSA agents as they found the fake, realistic-looking contraption — and the mass hysteria that they hoped would follow.

The device was made from PVC pipe, a hose and parts from a vacuum cleaner — "all the markings of an improvised explosive device," a spokeswoman from the TSA told the Daily News.

"Staten Island Hustle" will air on CNBC, and it "centers on a group of lifelong friends and investors from Staten Island," Variety reported. The crew was from a Dutch production company contracted by the network called Endemol Shine North America, which also produces "Big Brother" and "MasterChef."

"We are looking into the details of what happened as a matter of priority and are in contact with relevant authorities on the ground," a spokeswoman from Endemol said in a statement, according to NJ.com. "While this process is ongoing, we are unable to comment further, but in the meantime, we sincerely apologize for any disruption caused."

The suspects were charged with conspiracy, creating a public false alarm and interference with transportation. Though they all were later released, they will face charges in court in Essex County at a later date, the Daily News reported.

NIKKI M. MASCALI

A TV crew from CNBC's "Staten Island Hustle" was arrested after a fake bomb was discovered in their luggage at Newark Airport. PIXABAY

EVEN A NEW YORKER WHO KNOWS IT ALL CAN LEARN A THING OR TWO HERE.

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Presenters: Lea Ann Chen, MD; Ronald Hoffman, MD; Dennis Goodman, MD, FACP, FACC.

Location: NYU Langone Health.
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RSVP: This lecture is free and open to the public.
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Date: Thursday, January 25, 2018
Time: 11:00 am to 3:00 pm and 4PM to 6PM
Locations: Senior Whole Health office, 55 Broadway, 5th Floor, New York, NY
Magellan Health office, 335 Adams, 26th Floor, Brooklyn, NY

Come join our team and together we will succeed!

We believe in the power of people to create positive change, and are looking for hard-working, dedicated individuals who want to join a dynamic, growing company here at Senior Whole Health, a Magellan Company.
We will be looking to hire for the following full time positions to support our current business needs in our New York area:

UAS Assessment Nurse – Responsible for the completion of UAS (Uniform Assessment System) Initial Assessments and Reassessments based on New York state requirements. RN with a minimum of 2 years clinical experience including trained and knowledgeable experience in the New York Uniform Assessment System. Bilingual preferred – specifically Spanish, Mandarin and Cantonese.

Geriatric Services Support Coordinator – Responsible for conducting comprehensive reviews of non-clinical services to ensure member satisfaction and retention. Bachelor's degree in relevant, 3 years' experience working in Human Service or managed care environment dealing with special needs population. Must possess a valid driver's license. Bilingual in Spanish, Mandarin and Cantonese.

Telephonic & Field Care Managers – RN, LMSW, LCSW – Bilingual in Spanish, Mandarin and Cantonese.

Non-Clinical Utilization Management & Field Coordinators – Bilingual in Spanish, Mandarin and Cantonese.

Please forward resume to mbredin@seniorwholehealth.com to schedule a time to come in to meet our hiring team. Walk-ins are also welcome!

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Who wouldn't want to enjoy the fresh air and breeze that only waterborne transportation can provide? NYC FERRY

FERRIES ARE THE WAVE OF THE FUTURE

LARRY PENNER

Analysis

Larry Penner is a transportation historian and advocate who previously worked 31 years for the U.S. Department of Transportation.

There is still more Mayor Bill de Blasio can do with his $325 million new citywide waterborne high-speed ferry services program.

Our waterways are an underutilized natural asset which can offer significant transportation alternatives for thousands of New Yorkers. Most of our existing public transportation and roadways are already operating at or above capacity. New ferry services can be implemented far more quickly than construction of new subways, commuter rails or highways.

These can take years or even decades until completion of environmental reviews, planning, design, engineering, real estate acquisition, permits, procurements and actual construction before reaching beneficial use. Completing all of the above, along with finding funding for ferry boats, docks and parking with costs in the millions may be easier than finding the billions of dollars for rail and road construction. Utilization of ferry boats equipped with modern fuel efficient engines can make a positive contribution to air quality.

Thousands of New Jersey daily commuters use ferries from Hoboken or Weehawken to the downtown World Financial Center, Pier 79 West 38th Street or Pier 11 Downtown Manhattan Ferry Terminals. There are also 66,000 daily patrons of the Staten Island Ferry System which connects St. George, Staten Island with the Whitehall Street Ferry Terminal in Manhattan. Unlike the other four boroughs, 500,000 Richmond County residents have no direct subway or commuter rail system linking them with the rest of NYC.

Several thousand riders on a daily basis continue to utilize the East River ferry connecting various waterfront neighborhoods including Astoria, Long Island City, Roosevelt Island, East 34th Street, Greenpoint, Williamsburg, Brooklyn Bridge Park, Wall Street, Governors Island, Atlantic Avenue Pier 6, Red Hook, Brooklyn Army Terminal, Bay Ridge and the Rockaways. In the future, there will be two new routes. Bronx residents from Soundview will be able to access, East 90th & East 62nd Streets along with Wall Street Pier 11. Long Island City Queens residents will be able to access East 34th & 23rd Streets, Grand Street along with Wall Street Pier 11.

Mayor de Blasio still needs to convince the MTA Board to support his fare structure of $2.75 per ride to also include cross honoring a free transfer to a bus or subway using the current MTA Metro Card. Last October, the MTA awarded a $573 million contract to Cubic Transportation Systems to replace the Metro Card. Between 2019 and 2021, new fare collection technology will be coming online for both subway and commuter rail riders. Why not include ferry riders as well? Who wouldn't want to enjoy the fresh air and breeze that only waterborne transportation can provide? Riding a ferry can be less stressful than being packed in a subway car like sardines in a can.

DO YOU HAVE ROSACEA?
VOLUNTEERS NEEDED
The Board Certified Dermatologists at the Laser & Skin Surgery Center of New York are currently seeking men and women with facial redness associated with rosacea to participate in a clinical research study.
To qualify you must be 18 years of age or older with a clinical diagnosis of rosacea; other restrictions may apply.
Health insurance is not needed to participate and you may receive compensation for time and travel.
Please call the Research Department for more information:
(212) 686-7306

Feet Hurt? Bunions? Hammertoes? Heel Pain?
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Take The Foot Health Checkup
My toenails are streaked, discolored and thickened.
The sides of my toenails dig into the skin and hurt.
I have a large bump behind my big toe (or little toe) which is always red.
I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
My toes aren't straight- they are all cocked-up, bent and hurt.
I have painful calluses on the ball of my foot which keep building up.
I have corns on my toes which get thick no matter what shoe size I wear.
The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
I have cramps in my legs which always happen when I walk the same distance.
My ankles are swollen most of the time.
My feet are always dry and scaly – sometimes they itch.
My feet just hurt all over when I stand or walk a lot.
I have numbness, burning, infection, persistent pain, skin rash, or open sores.
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Natalie Portman

The actress, who starred in Allen's "Everyone Says I Love You," hasn't outright denounced Allen; but in a recent interview, said, "I believe Dylan. I would want to say that: 'I believe you, Dylan.'"

Timothée Chalamet

The "Call Me By Your Name" actor expressed regret for working with Allen on the upcoming film, "A Rainy Day in New York," and donated his salary from the film to Time's Up, the LGBT Center in New York and RAINN (the Rape, Abuse & Incest National Network).

Ellen Page

The "Flatliners" actress, who worked with Allen in "To Rome With Love," took to her Facebook to call it "the biggest regret" of her career. "I am ashamed I did this," she wrote. "I made an awful mistake."

11 Actors who won't work with Woody Allen

Dylan Farrow opened up to "CBS This Morning" on Friday, speaking candidly about the sexual assault allegations she's levyed against her adoptive father, Woody Allen. She also talked about the actors who continue to star in his films. "I hope that, you know, especially since so many of them have been vocal advocates of this Me Too and Time's Up movement, that they can acknowledge their complicity," she said. "And maybe hold themselves accountable to how they have perpetuated this culture of silence in their industry."

Some actors already have. Here are other actors who have voiced support for Farrow or expressed regret working with Allen. **METRO**

ALL PHOTOS GETTY IMAGES

Jessica Chastain

Chastain has never worked with Allen — and she never will. When Women in Hollywood founder Melissa Silverstein took to Twitter to ask why some actresses were still working with Allen, Chastain wrote, "Not everyone."

Greta Gerwig

Gerwig appeared in "To Rome With Love," too. Now, she says she'll never work with Allen again. "If I had known then what I know now, I would not have acted in the film," she said in The New York Times.

Rachel Brosnahan

"The Marvelous Mrs. Maisel" star worked with Allen on "Crisis in Six Scenes." She now says she regrets the decision. "While I can't take it back, it's important to me ... to make decisions that better reflect the things that I value and my worldview."

Susan Sarandon

When Allen's "Cafe Society" premiered at the 2016 Cannes Film Festival, Sarandon condemned the director. "I think he sexually assaulted a child and I don't think that's right," Sarandon said. "I have nothing good to say about him. "

Rebecca Hall

The British actress stars in "A Rainy Day in New York" and appeared in "Vicky Christina Barcelona," and announced on Instagram that she, too, would donate her salary from the film to Time's Up. "I regret this decision and wouldn't make the same one today," she wrote.

Griffin Newman

The "Tick" star, who has a small role in "A Rainy Day in New York," says he believes Woody Allen is guilty and donated his salary from the film to RAINN. "I spent a month debating whether or not to quit," he wrote. "I deeply regret my final decision."

David Krumholtz

Krumholtz, who appeared in last year's "Wonder Wheel," calls working with Allen one of his "most heartbreaking mistakes." "I deeply regret working with Woody Allen on 'Wonder Wheel,'" he wrote.

Mira Sorvino

Sorvino won an Academy Award for her role in an Allen film, "Mighty Aphrodite," in 1995. But this year, she apologized to Farrow in an open letter published on the Huffington Post. "I am so sorry, Dylan," she wrote. "I cannot begin to imagine how you have felt."

ARE YOU CURRENTLY TAKING A MEDICATION BUT STILL FEELING

DEPRESSED?

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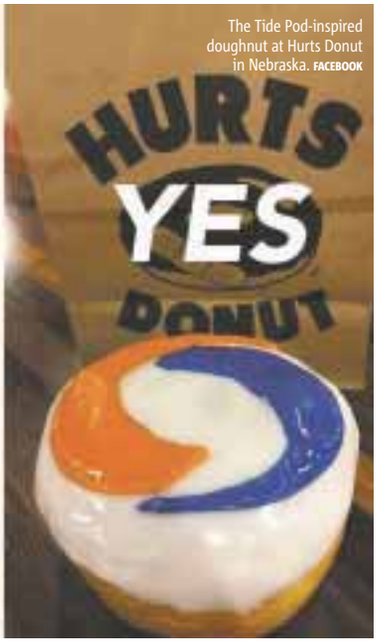
Of course there's Tide Pod-inspired food

The Pied Pods at Vinnie's Pizzeria in Brooklyn. TWITTER @ VINNIESBROOKLYN



The Tide Pod-inspired doughnut at Hurts Donut in Nebraska. FACEBOOK

If you've been tempted by the forbidden fruit of Tide Pods, there are now edible versions cropping up at restaurants and recipes on the internet. But seriously, don't eat Tide Pods.

EVA KIS
eva.kis@metro.us

Tide can try to tell people all it wants not to eat Tide Pods, but it won't make the little poison pillows look any less delicious.

The toxic nibble that looks like candy has turned the internet into Tide Pod connoisseurs, and finally, you can bite into the forbidden fruit at Vinnie's Pizzeria in Brooklyn.

They're well known for pop culture-themed menu specials (Kebabadook on Halloween or X-Wings for Star Wars fans?), as well as the instantly viral pizza topped with mini pizzas served in a box made of pizza.

And now, behold the Pied Pod.

Inspired by the swirly death traps, Vinnie's Pied Pods are pizza rolls filled with pepperoni and cheese. "[They] have that bright, alluring colors that youths crave BUT are 100 percent edible and 100 percent not soap," the restaurant continues. "Plus they're delicious."

They're not the only ones satisfying our primal need for the delicious-looking but toxic gummies. Hurts Donut in Nebraska has created a doughnut frosted to look like a Tide Pod, while an intrepid Tumblr user has posted a recipe for creating your own totally edible version.

Why do Tide Pods look tasty?

People being tempted to eat Tide Pods is as old as the product itself — and some have actually died from it. But this time around, the fad has reached a next level, with YouTube trying to fight a trend of Tide Pod Challenge videos.

Not since Bath & Body Works' vanilla-scented lotions have we been so tempted to eat the inedible. So why are we so irresistibly compelled to eat Tide Pods?

The simple answer is that they look like candy, but there's actually an evolutionary angle to your cravings.

Even grown-ups look at Tide Pods as delicious morsels because they look, feel and smell like a piece of fruit. Their floral scent, shiny exterior, berry-like colors and soft texture all mimic citrus and berries.

And we probably don't have to tell you that sweetness is directly wired to the pleasure center of your brain.

Procter & Gamble, the makers of Tide Pods, has tried to fix at least that last part in the past: In 2015 Tide added a bitter coating to the packaging of Tide Pods to discourage children (and the rest of us) from eating them.

What would happen if you ate a Tide Pod?

It's practically become the full-time job of

Procter & Gamble's social media team to plead with people to drink milk and call a Poison Control Center if they've eaten Tide Pods.

And while nobody actually needs to be told not to eat soap (right?), what would happen if you did eat an actual Tide Pod? Even just a little taste?

Consequences range from irritation in your mouth if you bite down on the Pod to burning your insides.

And inhaling the concentrated detergent is even worse — it's a major irritant to your lungs.

So seriously guys, we're saying this in the most clear and necessary way: Do. Not. Eat. Tide Pods.

But by all means, chefs, please keep making edible versions of the forbidden fruit so we can stay on the righteous path of soap-free indulgence.

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- EDUCATIONAL ADVERTISEMENT -

Why Haven't Senior Homeowners Been Told These Facts?

Keep reading if you own a home in the U.S. and were born before 1955.

It's a well-known fact that for many senior citizens in the U.S. their home is their single biggest asset, often accounting for more than 50% of their total net worth.

Yet, according to new statistics from the mortgage industry, senior homeowners in the U.S. are now sitting on more than **6.1 trillion dollars** of unused home equity.[1] With people now living longer than ever before and home prices back up again, ignoring this **"hidden wealth"** may prove to be short sighted.

All things considered, it's not surprising that more than a million homeowners have already used a government-insured Home Equity Conversion Mortgage or "HECM" loan to turn their home equity into extra cash for retirement.

However, today, there are still millions of eligible homeowners who could benefit from this FHA-insured loan but may simply not be aware of this "**retirement secret**."

Some homeowners think HECM loans sound "too good to be true." After all, you get the cash you need out of your home but you have no more monthly mortgage payments.

NO MONTHLY MORTGAGE PAYMENTS?[2] EXTRA CASH?

It's a fact: no monthly mortgage payments are required with a government-insured HECM loan;[2] however the homeowners are still responsible for paying for the maintenance of their home, property taxes, homeowner's insurance and, if required, their HOA fees.

Another fact many are not aware of is that HECM reverse mortgages first took hold when President Reagan signed the FHA Reverse Mortgage Bill into law 29 years ago in order to help senior citizens remain in their homes.

Today, HECM loans are simply an effective way for homeowners 62 and older to get the extra cash they need to enjoy retirement.

Although today's HECM loans have been improved to provide even greater financial protection for homeowners, there are still many misconceptions.

For example, a lot of people mistakenly believe the home must be paid off in full in order to qualify for a HECM loan, which is not the case. In fact, one key advantage of a HECM is that the proceeds will first be used to pay off any existing liens on the property, which frees up cash flow, a huge blessing for seniors living on a fixed income. Unfortunately, many senior homeowners who might be better off with HECM loan don't even bother to get more information because of rumors they've heard.

That's a shame because HECM loans are helping many senior homeowners live a better life.

In fact, a recent survey by American Advisors Group (AAG), the nation's number one HECM lender, found that over 90% of their clients are satisfied with their loans.

While these special loans are not for everyone, they can be a real lifesaver for senior homeowners.

FACT: In 1988, President Reagan signed an FHA bill that put HECM loans into law.

The cash from a HECM loan can be used for any purpose. Many people use the money to save on interest charges by paying off credit cards or other high-interest loans. Other common uses include making home improvements, paying off medical bills or helping other family members. Some people simply need the extra cash for everyday expenses while others are now using it as a "safety net" for financial emergencies.

If you're a homeowner age 62 or older, you owe it to yourself to learn more so that you can make an informed decision. Homeowners who are interested in learning more can request a free 2018 HECM loan Information Kit and free Educational DVD by calling American Advisors Group toll-free at **1-800-791-1598**.

At no cost or obligation, the professionals at AAG can help you find out if you qualify and also answer common questions such as:

1. What's the government's role?
2. How much money might I get?
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EQUAL HOUSING LENDER

The new meet-cute destination

The co-owners of Boris & Horton named the cafe after their own pups: a pit bull mix named Boris and terrier mix Horton. BORISANDHORTON.COM

Boris & Horton won't quite be New York's first dog cafe, but that's OK.

EVA KIS
eva.kis@metro.us

New York City is finally about to open its first dog cafe, but it's not quite the indoor dog park of your dreams.

Unlike the city's cat cafes where adoptable furry beasts live and play with patrons, there will be no doggie residents at Boris & Horton, soft opening this Tuesday at 195 Ave. A in the East Village.

"The idea was always more of a solution for dog owners who want to get coffee and snacks and don't want to leave their dog at home or tie them up outside," says Logan Mikhly, co-owner of Boris & Horton. "Even if you're just going in for a moment, not a safe thing."

Instead, Boris & Horton — named for co-owner (and Mikhly's dad) Coppy Holzman's pit bull mix, Boris, and her own terrier mix, Horton — is a "dog-friendly" cafe where owners can sip drinks and enjoy light bites indoors with their pooch.

It's the product of a lot of negotiation with the Department of Health, which usually only allows dogs in outdoor seating areas.

Love me, love my dog

Boris & Horton has all the makings of the city's next meet-cute hotspot. The space is split between a cafe — with a walk-up window for dog owners — where you can get coffee drinks by day and beer and wine at night. There's also a short all-vegetarian menu centered on sweet and savory toasts, as well as baked goods.

"Having a vegetarian menu was something that if we're highlighting dogs and thinking about animals as our friends, I thought it was an important thing to do at our cafe," says Mikhly, who is a pescatarian.

To enjoy their treats, guests must head next door to a sit-down area.

While everyone, human and canine, is asked to be on their best behavior (and dogs must remain on leashes), Boris & Horton employees are trained to head off doggie conflicts.

Social animals

Mikhly always had dogs growing up, "but what made me cross over into full-on crazy dog person is I lived in New Orleans and worked at a rescue," she says.

That continues at Boris & Horton with Badass Brooklyn Animal Rescue, where Mikhly volunteers and which will bring adoptable pups in on weekends.

As for hooking up the dog-loving people who come to the cafe, Mikhly is coordinating social events with Dig Dates, a new dating app for dog owners, as well as a Wine and Tricks class run by the School for the Dogs training center.

"We totally see the social aspects of being with dogs," she says.

"Actually, on my first date with my husband, I brought my dog, so I'm all about that."

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BIOTECHNOLOGY

How to work *less* and achieve *more*

Avoid distractions and make better use of your time at the office.

PAT KING
patrick.king@metro.us

"Great performance doesn't necessarily come from the hours you work; it comes from performance," says author Morten T. Hansen. ISTOCK

We've been told our whole lives that in order to be a good employee we need to be the first one in the office and the last one to leave every day. But do long hours on the job necessarily translate into productivity?

Let's be honest — if you work an office job, you're most likely spending a large chunk of your day surfing the web.

A recent report conducted by digital marketing authority eMarketer, said working adults in the U.S. spend roughly 12 hours a day consuming some sort of media. That means that half of your day has been hijacked by distractions on whatever screen is close by.

I recently sat down with Morten T. Hansen, a management professor at U.C. Berkeley and author of the new book "Great Work: How Top Performers Do Less, Work Better and Achieve More" to see how people can avoid distractions at work and make better use of their days.

Have passion and purpose

First things first, let's talk about why you're losing focus at your job. You probably have had some sense in your life of where you ultimately want to be professionally. Hansen believes that these kinds of dreams, while motivating, can be detrimental if you're working a job that doesn't fall in line with your passion.

"The problem with passion is that it has a hedonistic quality to it," explains Hansen. "It's about what excites me regardless of all else. What's missing is purpose, and purpose is the opposite of passion because it's defined as 'do what contributes' rather than 'do what excites you.'"

According to Hansen, the key to performing better at work is to align your passion with a sense of purpose. That way you'll find yourself daydreaming about the possibilities of what you could be doing, and focusing in on what you could be doing to contribute to the greater good of your company. Speaking of focus…

Use your time wisely — Do less and obsess

Do you think your boss will really take notice if you work from nine-to-seven rather than nine-to-five? I hate to break it to you, but they won't. All they care about is that you do your job every day that you're in the office. And if you can't do that, then what's the point of staying late?

According to Hansen, focusing on only a few tasks per day will make for more proficient use of your time and will keep you from overextending yourself. This will also keep you on a strict schedule and get you out of the office on time.

"Great performance doesn't necessarily come from the hours you work; it comes from performance," he explains. "One of the key problems that we have in the workforce today is that we have the wrong metric. One of the prevailing metrics today is busyness — saying 'If I'm busy and seen as being busy, then I'm successful' — and that's crazy!"

Moreover, Hansen explains that his research has shown that the overall quality of your performance has been proven to go down with the more hours you tack on to your week.

So if you want to kill it at your job while leaving the office in time for happy hour, make better use of your time with precision, focus and a strict adherence to a schedule that works for you. It truly isn't about perception — it's about actual performance on projects that matter most.

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CUNY IN THE HEIGHTS

5 Reasons people fail in their careers

It's never too late to break your horrible habits!

PAT KING
patrick.king@metro.us

Trying to advance your career can be a frustrating thing. You may have an idea of where you want to end up, but sometimes you can't help but get in your own way.

A recent study by Hogan Assessment Systems found that "67% of talented people will be demoted, fired or simply plateau" in their careers.

We recently spoke with Carter Cast, the former CEO of Walmart and professor at Northwestern's Kellogg School of Business, whose book,"The Right (and Wrong) Stuff" outlines the five character traits that might derail you on the way to a successful career.

Sometimes you need to get out of your own way. ISTOCK

1. Captain Fantastic
Listen, it's OK to be proud of yourself for getting hired. But being so confident that you think you don't have any room for improvement is a mistake. Cast likes to call this personality the "Captain Fantastic." You know the type: the guy who would check you against the wall on his quest to make it into the corner office.

"There are pieces of Captain Fantastic in a lot of us," says Cast. "Sometimes we don't listen well enough and we alienate people. Interpersonal issues are often led by poor listening skills and unbridled ego-drive."

2. The Solo Flyer
The "Solo Flyer" is someone who may have been promoted to some sort of leadership role as a result of good performance on the job. But once in the position, they refuse to let anyone else take on any important projects.

"They try to fish instead of leading their team to fish," explains Cast. "They feel like all of the ideas have to come from themselves."

3. Version 1.0
This person is someone who refuses to adapt to their surroundings. To be successful in business you have to be able to roll with the punches in a rapidly changing world. Otherwise, you will just be an outdated employee from a time your industry has long forgotten. Hence the title: "Version 1.0."

4. The One-Trick Pony
The "One-Trick Pony" is, as Cast describes it, is someone who limits their professional mobility by being really good at only one thing. Cast explains that these people are unable to bring a broad set of skills to the table they are usually unable to "connect the dots in seeing how all of the pieces of the puzzle fit together in an organization. So they top out at a certain level because they're too narrow."

5. Whirling Dervish
The last character trait, the "Whirling Dervish," is someone "who is often really talented, really creative and has a lot of ideas but they have a hard time focussing and prioritizing." Cast characterizes these individuals as people who will say yes to anything they are asked to do so "they over commit and underdeliver." People in offices usually end up distancing themselves from the Whirling Dervishes because generally break their promises because they are spread far too thin.

So how can you break free of your horrible work habits in order to further your career?

As Cast sees it, it's as easy as taking constructive criticism from your bosses and learning from your mistakes. By having a certain amount of self-awareness to these flaws you can make quick productive changes in the way you conduct yourself at work each day.

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CUNY

Jack Del Rio favored for Giants DC job

The former Raiders coach could take over the defense once Pat Shurmur is hired.

JOE PANTORNO
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Jack Del Rio. GETTY IMAGES

Former Oakland Raiders head coach Jack Del Rio is the favorite to land the New York Giants defensive coordinator job should the team hire Minnesota Vikings offensive coordinator Pat Shurmur as their next head coach, Chris Mortenson of ESPN reported on Sunday.

Shurmur cannot negotiate or be hired until his season ends as his Vikings are preparing for an NFC Championship Game matchup with the Philadelphia Eagles later on Sunday. But he does have a second interview with the Giants sometime this week and has made it known that he wouldn't mind bringing Del Rio on as his defensive coordinator, per Mortenson.

It was reported last week that Shurmur is the clear frontrunner for the Giants' head coaching job.

Del Rio is coming off a three-year stint as the Raiders head coach, going 25-23 with a postseason appearance before being fired after a season-ending loss to the Los Angeles Chargers in December. It was his second stint as a head coach in the NFL after eight-plus years with the Jacksonville Jaguars from 2003-2011.

The 54-year-old has a combined four years experience as a defensive coordinator as well where his units have excelled more often than not.

In 2002 with the Carolina Panthers, Del Rio's defense was ranked second in yards allowed and fifth in points allowed before being hired by Jacksonville.

Ten years later, he joined the Denver Broncos as their defensive coordinator where once again, his defense allowed the second-least amount of yards in the league and the fourth-least amount of points. Two years later, Denver's defense was ranked third in the NFL before he joined Oakland.

Super Bowl Sunday is all set

We finally know who will be partaking in Super Bowl LII. Did the Patriots breeze past the Jaguars? Did the Vikings keep their miracle run going against the Eagles? Find out more at metro.us/sports. GETTY IMAGES

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Is Walker worth it for the Knicks?

The Knicks would likely have to part with young talent if they wanted to acquire the Hornets guard.

JOE PANTORNO
joseph.pantorno@metro.us

Charlotte Hornets star point guard Kemba Walker is available on the trade market and the New York Knicks could be a potential landing spot.

ESPN's Ian Begley reported on Friday that the Hornets "would like to engage" in possible trade scenarios that would send the 27-year-old Bronx native home to New York.

Walker would undoubtedly provide the Knicks with their best point guard in decades should he be traded. The seven-year veteran who is in the prime of his career has averaged 22.6 points and 5.6 assists per game since the start of the 2016-17 season.

With the Hornets struggling to contend in the Eastern Conference, they are willing to trade away one of their biggest stars in order to give the organization a fresh start. But it comes with a catch.

ESPN's Adrian Wojnarowski reported that the Hornets are willing to include Walker in a package deal in order to shed "one of the Hornets' several less desirable contracts."

Nicolas Batum (four years, $100 million), Dwight Howard (two years, $47 million) and Marvin Williams (three years, $42 million) are three of their most egregious that Charlotte would likely want to move.

That immediately makes the prospect of acquiring Walker less appealing. It gets even worse when Charlotte's asking price comes into play.

The Knicks would probably have to deal Frank Ntilikina if they would want a chance at Kemba Walker. GETTY IMAGES

Along with getting a sizeable contract off the books, the Hornets reportedly want a young talent or a first-round pick in the NBA draft, per Begley.

The Knicks have a first-round pick for at least the next seven years, something that has been a rarity for a franchise that has made just four first-round picks since 2010. Hypothetically speaking, if they don't want to get rid of a first-rounder, that would mean parting with young talent.

The first player that would come to mind is point guard Frank Ntilikina, who was taken eighth overall in the 2017 draft, one of the last decisions made by Phil Jackson before he was exiled from New York.

At 19 years old, the Frenchman has had his fair share of growing pains as he gets accustomed to the NBA game, but one cannot deny that he could very well be a special talent in this league.

He would be one of a number of possible players the Knicks would have to deal in a package that could include the likes of either Kyle O'Quinn(27 years old), Willy Hernangomez (23), Lance Thomas and Ron Baker (24).

Giving up younger talent and the team's future is an awfully large risk for a player like Walker, who is going to hit free agency after the 2018-19 season. Should the Knicks lose in a bidding war and not retain Walker, then the deal could be a crippling one for the franchise.

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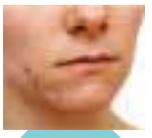

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Approved by the NYU School of Medicine
IRB #s 15-01480 PI: Marya Gwadz, PhD

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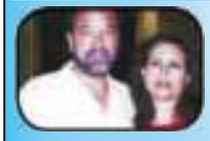

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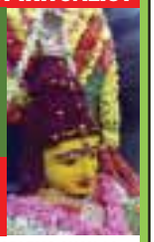

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metro.us/crossword

Across

1 Turnpike rumbler
5 Clean, as a spill (2 wds.)
10 Tarzan's transport
14 Arrange for
15 Plato's last letter
16 On the ocean
17 Just like (2 wds.)
18 Spring onions? (2 wds.)
20 Cheerful tones
22 Yellow bird
23 Gumshoe
25 Schmooze
26 Bogs
27 Misfortune
28 Auction site
32 Clementine's shoe size
33 Is acquainted with
35 Went in headfirst
36 Unser and Gore
37 Exist
38 Store-bought hair
39 Ice sheet
41 Hen
43 Smelting waste
44 Mil. branch
45 Dorm coverer
46 Choral ensembles
48 Take it easy
50 Stick fast
51 Digestive fluid
54 Convoy
55 Kitchen gadget (2 wds.)
57 It's for the birds
61 Coffee dispensers
62 Ms. Zellweger
63 Point -- -- return
64 Rx amount
65 Make changes to
66 Beak

Down

1 Whirlpool locale
2 Chi. trains
3 -- tai (rum drink)
4 Raise to a feverish heat
5 Oyster or clam
6 Drops
7 Golf tees
8 Word of disgust
9 Repairs
10 Widely praised
11 Cuba, to Castro
12 Wyo. neighbor
13 No sweat!
19 Sheepish comment
21 Brat
23 Drinks greedily
24 Horse-drawn cab
25 Intimidated
26 Big mix-up
27 Verbose
29 Derby hat
30 Emulate Earhart
31 People with safe jobs?
34 Inexperienced
40 Solar event
41 Unheard-of
42 Called from the Alps
43 Ten-gallon hat
47 Amigo of Fidel
49 Hail, to Caesar
50 Poet -- Ginsberg
51 KP peelable
52 Space lead-in
53 Med. staffers
54 Not coarse
56 Dues payer, for short
58 Mysterious sighting
59 Coast Guard off.
60 Familiar digit

metro.us/sudoku

easy

	3	4		2				
	6	2	1		8			
	8	1			4			
	4	5		8		1		
3				6				4
		9		1		3	7	
			5			6	1	
			3		6	7	4	
				4		5	9	

hard

1	7			2	3			
		6	9			7	3	
		4		8			2	
	4							1
5		1				4		2
6							7	
	6			7		2		
	1	3			2	5		
			5	3			9	6

metro.us/horoscopes

Aries Tame your temper before it gets you in trouble. Think before you speak, and be mindful of whoever is on the receiving end of your thoughts. Love conquers discord.

Taurus Observe, listen and learn. Don't divulge personal information that might make you or someone else look bad. Defend and prosper by using common sense.

Gemini Do something that makes you feel good. Whether it's updating your image or spending time with someone you love, the outcome will bring you happiness and joy.

Cancer Check out every option and use your intelligence to decipher the safest way to take on a new project, joint venture or medical issue without going into debt.

Leo Personal gains will come your way if you concentrate on honing your skills and making positive changes to how you treat others. Live, love, laugh and be happy.

Virgo Expand your interests, mind and friendships. What you learn as a participant will encourage you to more greatly enjoy life and to do your best to decrease stress and debt.

Libra Rely on your instincts when dealing with someone you are at odds with. Try to understand key issues on both sides and find a common denominator.

Scorpio Speak up and share your ideas. Listen to good advice and incorporate something unique that you learn or come across into your daily routine.

Sagittarius Focus on yourself, your goals and making your life easier. Strive to rearrange your home to better suit your needs. Romance will improve your emotional outlook.

Capricorn Listen, observe and bide your time. Don't bring about change prematurely. Monitor what others say and do before you make your move. When you're ready, take action.

Aquarius Personal gains will be the result if you implement moderation into your everyday routine. Spend less and save more to ease your stress and improve your future.

Pisces Look at what's available and adjust your thinking to fit current trends. Altering how you use your skills or offer your services will lead to financial gains. EUGENIA LAST

Yesterday's answers

	S	A	C		U	H	U	R	A		M	A	X	
O	H	I	O		M	E	T	A	L		O	V	A	L
K	U	D	U		P	L	A	N	E		R	A	C	E
S	T	E	N	C	I	L		G	R	A	N	I	T	E
			C	A	R	O	B		T	A	I	L	O	R
A	W	H	I	L	E		A	S	I	A	N			
S	H	A	L	L		E	S	P	N		G	L	O	W
P	A	L		A	L	L	E	R	G	Y		E	S	A
S	T	O	A		A	S	H	Y		A	R	O	L	L
			D	A	L	A	I		C	R	U	S	O	E
S	T	R	O	L	L		T	U	R	N	S			
P	R	E	P	A	Y	S		H	A	S	S	L	E	D
C	O	L	T		G	O	B	A	D		E	Y	R	E
A	L	I	E		A	F	O	U	L		T	R	A	Y
	L	T	D		G	A	B	L	E		S	E	T	

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